INDIA

2026

OR ★ THIS DOCUMENT FOR LATER

CITIZEN SAFETY MANUAL

CLICK ON THESE ICONS TO QUICKLY GO TO THE PAGE

CPR

CITIZEN SAFETY MANUAL

PLEASE NOTE THE FOLLOWING:

THIS IS NOT A GOVERNMENT ISSUED DOCUMENT

This manual is a best-practices guide compiled from reliable national and international sources to help proactive citizens prepare for emergencies.

FOLLOW OFFICIAL GOVERNMENT INSTRUCTIONS

In case of an actual emergency, please follow official government instructions & cooperate with all responders & authorities.

Click here for EMERGENCY HOTLINKS

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MANUAL INDEX

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HOPE FOR THE BEST

PREPARE FOR THE WORST

GENERAL PREPAREDNESS GUIDE

BE KIND. STAY CALM.

HELP WHO YOU CAN. PRIORITISE YOURSELF.

DO NOT PANIC. STOP. THINK. ACT.

LOOK OUT FOR THOSE WHO LIVE ALONE.

MAKE A FAMILY EMERGENCY PLAN

It's always good to practice for fires, disasters & attacks along with your family.

Teach everyone how to call for help (Dial 112 from any phone in India)

Write down & store emergency contacts (Family, Friends, Police, Fire, Ambulance, etc.)

Pick a safe meeting spot.
Be aware of assembly points. Many established offices & residential buildings have it.

PREPARE AN EMERGENCY KIT

(RATION FOR 3-5 DAYS)

- Water
- Dry Foods
- Personal Meds
- Contacts + Maps
- Flashlight + Batteries
- Phone + Charger
- Cash
- First Aid Kit
- ID + Documents
- Mask + Sanitiser

STAY INFORMED

Click here to learn how to TURN ON GOVT. ALERTS ON YOUR SMARTPHONE

Information Sources:

- DOORDARSHAN
- ALL INDIA RADIO
- SACHET APP

Keep a charged phone + alert tones ON at night

Stay connected with local government bodies and community leaders who often disseminate important information

Verify major news, alerts & warnings before sharing information or acting on it. Fake news can harm citizens & govt. activities

SECURE YOUR HOME

Know how to turn off gas, electricity, and water in an emergency.

Keep exits clear. Make sure everyone knows the escape route.

Store heavy things low on shelves to avoid injuries.

Equip home with smoke alarms, first aid kit, fire extinguishers and food for a few days.

After events like floods or earthquakes, do not use electrical appliances until they have been inspected for safety.

EMERGENCY CONTACT LIST (INDIA)

New Unified Emergency Number	112
Police	100
Ambulance	102
Fire Dept.	101
National Disaster Response Force	1078
National Helpline for Women	181
Child Helpline (Missing Children, etc.)	1098
Poison Control Center	1800-425-1213
Blood Bank Info & Service	1911
Railway Police Helpline	182
Coast Guard (Emergencies, Sea Rescue)	1093
Missing Persons Helpline	1094
Senior Citizen Helpline	14567
Road Accident	1073
Tourism Help	1316
Mental Health & Suicide Helpline	91-22-2772 6771
Cyber Crime Helpline	1930

HOW TO BUILD A FIRST AID KIT

REMEMBER: YOU DON'T NEED EVERYTHING AT ONCE.

START SMALL, STAY SAFE, BUILD YOUR KIT OVER TIME.

ESSENTIAL SUPPLIES

- Gauze + Bandages
- Medical Tape + Wipes
- Antibiotic Ointment
- Instant Cold Compress
- Digital Thermometer

MEDICATIONS

- Paracetamol / Ibuprofen (Pain Relief)
- Antihistamines (Allergies)
- Aspirin (Heart Emergency)
- Oral Rehydration Salts (ORS)
- Personal prescriptions (3-day supply)

TOOLS & EQUIPMENT

- Scissors (blunt tip)
- Tweezers
- Safety pins & Swiss Knife
- Flashlight + Extra batteries
- Emergency Blanket
- Notepad + Pencil
- First Aid Visual Guide (Last Page)

PROTECTION

- N95 Face Mask
- Alcohol Sanitizer
- Non-Latex Gloves
- Soap bar
- Zip Pouches
- Distilled Water
- Goggles/Safety Glasses

ORGANIZATIONAL & OTHER TIPS

- **Clear Pouches:** Use transparent bags or boxes for each category
- **Labels:** Clearly mark each pouch (e.g., "Wound Care", "Medications")
- **Inventory List:** Keep a checklist inside the kit for quick reference
- **Training:** Encourage family members to attend basic first aid training
- **Regular Checks:** Inspect the kit every 6 months.
- **Expiry Dates:** Replace expired medications and supplies.
- **Restock:** After any use, replenish items immediately.

Click here for
FIRST AID VISUAL GUIDE

EVACUATION
ESSENTIALS TO PACK

PREPARE A GRAB-AND-GO BAG FOR EACH FAMILY MEMBER.
ENSURE IT'S LIGHTWEIGHT, WATERPROOF, AND EASY TO CARRY.

PERSONAL HYGIENE & SANITATION

- Soap and hand sanitizer
- Toothbrush and toothpaste
- Wet wipes and tissues
- Sanitary pads
- Garbage bags (for waste disposal)

CLOTHING & PROTECTION

- Change of clothes (x3)
- Sturdy shoes or sandals
- Raincoat or Poncho
- Hat or cap
- Blanket or shawl

MEDICAL SUPPLIES

- Basic First Aid Kit
- Personal medications (3x Day Minimum)
- Inhalers or other essential medical devices
- Prescription copies

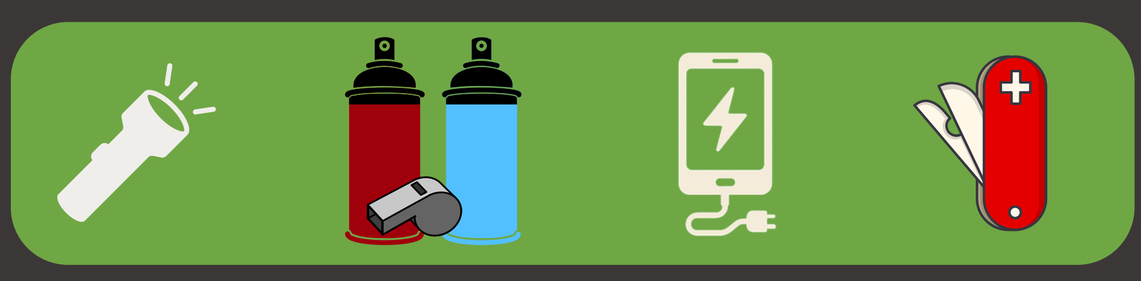
IMPORTANT THINGS TO CARRY

- Water + Dry Foods
- ID cards (Aadhaar, PAN), Cash
- Emergency contact list
- Waterproof Pouch to carry these items

PLEASE NOTE:

IN CASE OF A REAL-LIFE EVACUATION, PRIORITISE TIMELY DEPARTURE.

SUPPLIES CAN BE PICKED UP LATER.



TOOLS

- Flashlight/Torch & Radio
- Whistle & Spray Paint (to signal for help)
- Smartphone + Charger
- Swiss Knife/ Multi-Purpose Tool

FOOD, COMFORT & MISC.

- Bottled water for all family members
- Easy-to-eat foods like biscuits, protein bars
- Books & General stationary
- Family Photos (for Identification)

FIRE EMERGENCY

STAY CALM. ACT FAST. SAVE LIVES.

DO YOU SEE OR SMELL FIRE?

RAISE FIRE ALARM & YELL FIRE

DO NOT GO BACK IN

CLOSE DOORS BEHIND YOU

EVACUATE QUICKLY

USE FIRE EXIT OR THE STAIRS

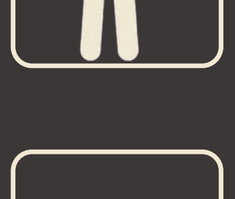
STAY LOW, AVOID SMOKE

COVER NOSE & MOUTH

TRAPPED IN A ROOM?

SEAL DOORS & VENTS WITH WET CLOTHES

SIGNAL FOR HELP FROM WINDOWS, SHOUT, CALL FIRE BRIGADE



STAY NEAR THE FLOOR AIR IS CLEARER BELOW

BREATHE THROUGH WET CLOTH, REDUCE SMOKE INHALATION

CLOTHES ON FIRE?

STOP

DROP

ROLL

EMERGENCY NUMBERS

101	100	102
FIRE BRIGADE	POLICE	AMBULANCE

POWER OUTAGE EMERGENCY

SAVE POWER. BE PATIENT.

PREPARING FOR A BLACKOUT

KEEP YOUR ESSENTIAL DEVICES CHARGED

KEEP BATTERIES FOR YOUR FLASHLIGHT, ETC.

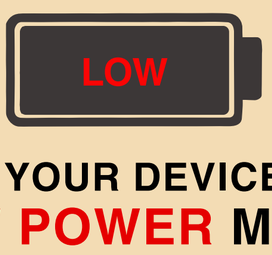
KEEP POWER-BANKS & INVERTOR CHARGED

KEEP 3 DAYS WORTH OF WATER + DRY FOODS

WRITE DOWN KEY CONTACTS + EMERGENCY NUMBERS

KNOW HOW TO USE YOUR POWER GENERATOR SAFELY

DURING A BLACKOUT



KEEP YOUR DEVICES ON LOW POWER MODE

USE ALL INDIA RADIO, SACHET APP & GOVT. ALERTS TO BE UPDATED

KEEP FRIDGE CLOSED FOOD STAYS SAFE LONGER

UNPLUG ELECTRONICS TO AVOID SURGES

USE TORCHES, NOT CANDLES (FIRE HAZARD)

SEND SHORT, OCCASIONAL TEXTS TO UPDATE FAMILY

AFTER POWER RETURNS

TOSS SPOILED FOOD IF FRIDGE WAS OFF 4+ HOURS

RECHARGE KITS & REPLACE USED ITEMS

UPDATE OUTAGE PLAN WITH LESSONS LEARNED

EMERGENCY NUMBERS

101	100	102
FIRE BRIGADE	POLICE	AMBULANCE

AIR RAID / DRILL
BLACKOUT RESPONSE GUIDE

PLEASE NOTE:

DRILLS ARE ANNOUNCED IN ADVANCE BY AUTHORITIES.

IF NO ANNOUNCEMENT IS MADE, TREAT SIREN AS A REAL EMERGENCY.

1 BLACKOUT IMMEDIATELY

- TURN OFF LIGHTS INSIDE/OUTSIDE YOUR HOME
- COVER WINDOWS WITH DARK CLOTHES
- DON'T USE TORCHES/PHONE NEAR WINDOWS

2 TAKE SHELTER

- FIND A SAFE ZONE (BASEMENT, UNDER A TABLE OR BED)
- STAY AWAY FROM WINDOWS AND GLASS
- IF OUTSIDE, LIE FLAT ON GROUND COVER YOUR HEAD

3 STAY QUIET STAY CALM

- KEEP PHONE ON SILENT. USE FOR EMERGENCIES ONLY
- DO NOT FORWARD UNVERIFIED MESSAGES

4 LISTEN FOR UPDATES

- TUNE INTO ALL INDIA RADIO, DOORDARSHAN & USE SACHET APP
- WAIT FOR THE ALL CLEAR SIREN BEFORE MOVING.

5 AFTER THE ALL CLEAR SIREN

- CHECK FOR INJURIES, DAMAGE, OR FIRES
- REPORT EMERGENCIES (112) OR LOCAL CONTROL ROOMS

UNDERSTAND THE SIRENS

RISING & FALLING SIREN FOR 1 MINUTE

▼ ▼ ▼

SEEK SHELTER IMMEDIATELY

SINGLE CONTINUOUS TONE FOR 2 MINUTES

▼ ▼ ▼

SAFE TO RESUME NORMAL ACTIVITIES

LIVE SHOOTER
SCENARIO RESPONSE GUIDE

IF THERE IS SHOOTING HAPPENING, YOU HAVE TWO CHOICES

RUN

IF THERE IS A SAFE PATH AVAILABLE

HIDE

IF YOU CANNOT ESCAPE FROM THE SITUATION

LEAVE YOUR BELONGINGS BEHIND

KEEP YOUR DEVICES ON SILENT

STAY HIDDEN; FOLLOW UPDATES

CALL THE POLICE

ONCE YOU ARE SAFE, CALL THE POLICE AND INFORM THEM OF DETAILS ON THE SHOOTER

EMERGENCY NUMBERS	100	101	102
	POLICE	FIRE BRIGADE	AMBULANCE

MENTAL HEALTH CHECKLIST

A QUICK SELF-CHECK TO STAY MENTALLY SAFE & STABLE IN ANY CRISIS

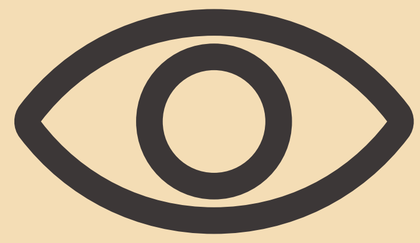
HOW DO YOU FEEL TODAY?

DAILY BASICS

- [ ] DID YOU SLEEP FOR 6-8 HOURS?
- [ ] DID YOU EAT TWO MEALS TODAY?
- [ ] HAVE YOU GOTTEN FRESH AIR?
- [ ] TALKED TO FAMILY OR FRIENDS?
- [ ] YOU SURE YOU ARE NOT ISOLATING?
- [ ] DID YOU HAVE A MOMENT OF JOY?

OVERWHELMED? TRY THESE:

TAKE A PIECE OF PAPER & PEN AND WRITE DOWN 5 THINGS YOU SEE



SLOW YOUR BREATHING & TAKE 10 DEEP BREATHS TO CALM YOURSELF

JOURNAL YOUR THOUGHTS, WRITE ABOUT WHATEVER YOU FEEL

RED FLAGS

THOUGHTS ABOUT SELF HARM

TOTAL WITHDRAWAL OR ISOLATION

COPING USING SUBSTANCES

CALL THIS NUMBER IN CASE OF RED FLAGS

14416

TELE MANAS MENTAL HEALTH ASSISTANCE

TOGGLING GOVERNMENT ALERTS ON SMARTPHONES

PLEASE USE SACHET APP, LISTEN TO ALL INDIA RADIO & USE RELIABLE ONLINE SOURCES LIKE PIB TO STAY INFORMED ABOUT POSSIBLE THREATS

ON iPHONE

OPEN SETTINGS

CLICK ON NOTIFICATIONS

SCROLL DOWN TO GOVERNMENT ALERTS

TURN ON TEST ALERTS

ON ANDROID

OPEN SETTINGS

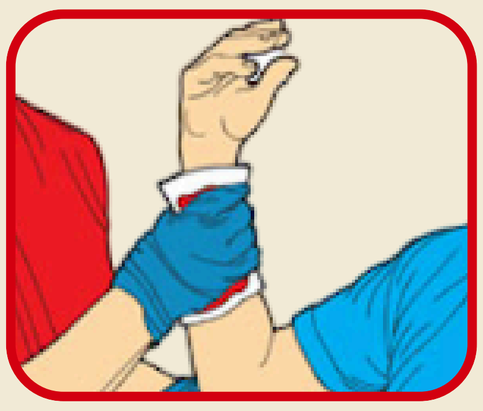
LOOK FOR SAFETY & EMERGENCY OR EMERGENCY ALERTS

CLICK ON WIRELESS EMERGENCY ALERTS

ACTIVATE ALL AVAILABLE TEXT OPTIONS

FIRST AID
VISUAL GUIDE

BLEEDING

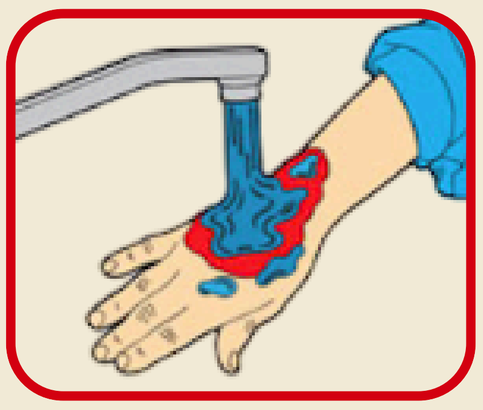


1
APPLY DIRECT PRESSURE ON WOUND WITH STERILE GAUZE/CLEAN CLOTH

2
RAISE INJURED AREA ABOVE HEART LEVEL IF THERE IS NO FRACTURE

3
COVER DRESSING WITH PRESSURE BANDAGE, ADD MORE DRESSING IF NEEDED

BURNS

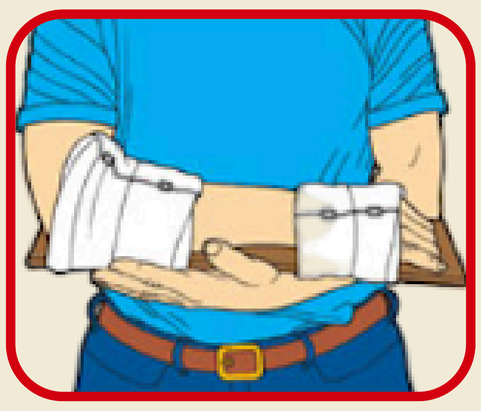


1
HOLD BURNT AREA UNDER COOL WATER (NOT ICY/COLD) FOR 10-15 MINS

2
COVER THE BURN WITH NON-ADHESIVE STERILE BANDAGE OR CLEAN CLOTH

3
LAY PERSON DOWN & ELEVATE THEIR LEGS TO PREVENT SHOCK

FRACTURES



1
STOP ANY BLEEDING CAUSED USING THE STEPS SHOWN ABOVE

2
IMMOBILISE AREA ABOVE & BELOW THE FRACTURE USING WOOD, BANDAGE, ETC.

3
AVOID SHOCKS, APPLY ICE OR COLD PACKS & ELEVATE PERSON

SHOCK

1
HELP PERSON LIE ON THEIR BACK & ELEVATE THEIR FEET 12 INCHES

2
CHECK FOR SIGN OF BREATHING OR MOVEMENT, IF ABSENT CALL AMBULANCE

3
KEEP PERSON WARM & TURN THEM ON THEIR SIDE TO PREVENT CHOKING

IF INJURY IS SERIOUS, DOESN'T IMPROVE, OR YOU'RE UNSURE WHAT TO DO:

CALL AMBULANCE IMMEDIATELY

USE GLOVES IF AVAILABLE

WASH HANDS AFTER PROVIDING AID

DON'T GIVE MEDICINE UNLESS TRAINED

STAY CALM AND REASSURE THE INJURED

EMERGENCY NUMBERS

101 FIRE BRIGADE

100 POLICE

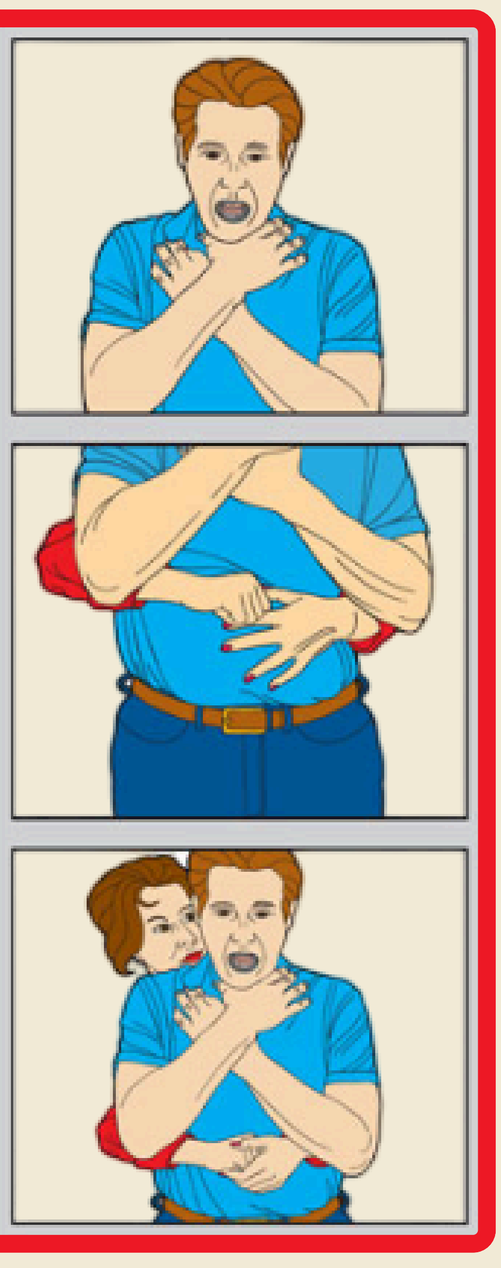
102 AMBULANCE

CPR & CHOKING EMERGENCY

IF A PERSON STOPS BREATHING OR IS UNABLE TO BREATHE

CALL FOR MEDICAL HELP

TILL MEDICAL HELP ARRIVES, FOLLOW THESE STEPS:

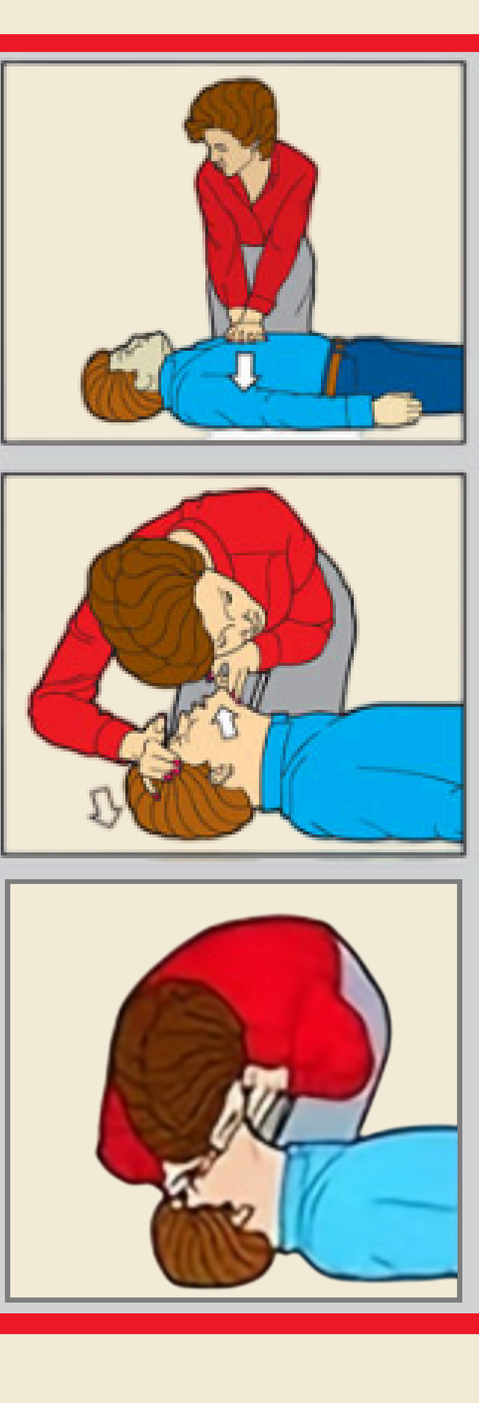


SIGNS OF CHOKING

THE PERSON HAS HANDS CLUTCHING HIS OR HER THROAT, UNABLE TO BREATHE OR TALK; OR SKIN, LIPS, AND NAILS ARE TURNING BLUE.

HOW TO PERFORM ABDOMINAL THRUSTS/HEIMLICH

- **STAND BEHIND & WRAP YOUR ARMS AROUND THE WAIST**
- **MAKE ONE HAND INTO FIST**
- **POSITION FIST SLIGHTLY ABOVE PERSON'S NAVEL**
- **GRAB FIST WITH OTHER HAND**
- **PRESS HARD INTO ABDOMEN WITH A QUICK, UPWARD THRUST.**
- **PERFORM 5 ABDOMINAL THRUSTS**
- **IF YOU ARE ALONE:**
- ***PERFORM ABDOMINAL THRUSTS ABOVE YOUR NAVEL USING YOUR FIST***
- **IF CHOKING PERSON IS PREGNANT OR OBESE:**
- ***PERFORM CHEST THRUSTS INSTEAD OF ABDOMINAL THRUSTS***
- **IF CHOKING PERSON BECOMES UNCONSCIOUS:**
- ***PERFORM CPR***



HOW TO PERFORM CPR

FIRST, CHECK RESPONSIVENESS.

IF NO RESPONSE, CALL 911 (OR ASK SOMEONE TO) AND START CPR

1. **CHEST COMPRESSIONS**
   - **PLACE THE PERSON ON THEIR BACK.**
   - **KNEEL BESIDE THEM AND PUT THE HEEL OF ONE HAND ON THE CENTER OF THE CHEST.**
   - **PLACE YOUR OTHER HAND ON TOP, KEEP ARMS STRAIGHT.**
   - **PUSH HARD AND FAST: AT LEAST 2 INCHES DEEP, 100–120 COMPRESSIONS PER MINUTE.**

2. AIRWAY – OPEN THE AIRWAY

- **AFTER 30 COMPRESSIONS, TILT THE HEAD BACK USING THE HEAD-TILT, CHIN-LIFT METHOD.**
- **CHECK FOR BREATHING (NORMAL, QUIET BREATH).**

3. BREATHING – RESCUE BREATHS

- **PINCH THE NOSE, COVER THEIR MOUTH WITH YOURS, AND GIVE 2 BREATHS, EACH LASTING 1 SECOND.**
- **ENSURE CHEST RISES. IF NOT, RE-TILT THE HEAD AND TRY AGAIN.**

4. CONTINUE CPR

- **REPEAT CYCLES OF 30 COMPRESSIONS AND 2 BREATHS.**
- **CONTINUE UNTIL HELP ARRIVES OR THE PERSON STARTS BREATHING.**

EMERGENCY NUMBERS

101	100	102
FIRE BRIGADE	POLICE	AMBULANCE

BIBLIOGRAPHY OF THIS MANUAL

- MINISTRY OF HOME AFFAIRS, INDIA
- NDMA (NATIONAL DISASTER MANAGEMENT AUTHORITY)
- SPHERE HANDBOOK
- UNDRR (UNITED NATIONS OFFICE FOR DISASTER RISK REDUCTION)
- READY.GOV
- GOVERNMENT OF INDIA DIRECTORY
- IFRC (INTERNATIONAL FEDERATION OF RED CROSS)
- NIDM INDIA (NATIONAL INSTITUTE OF DISASTER MANAGEMENT)
- BUREAU OF INDIAN STANDARDS (IS 2190, 2010)
- UN OCHA
- INEE (INTER-AGENCY NETWORK FOR EDUCATION IN EMERGENCIES)
- WHO
- NIMHANS INDIA
- GOOGLE PUBLIC ALERTS
- APPLE IOS EMERGENCY ALERT GUIDE
- ANDROID EMERGENCY ALERT SETTINGS
- AMERICAN HEART ASSOCIATION (AHA)
- RED CROSS
- MAYO CLINIC
- NHS UK
- OSHA/ANSI-COMPLIANT SAFETY ICON STANDARDS

CONTACT ME HERE FOR FEEDBACK OR FURTHER DEVELOPMENT:

THESINHAPROJECT@GMAIL.COM

GENESIS OF THIS MANUAL

I LOVE COLOUR. I LOVE DESIGN.
I LOVE MAKING INFORMATION ACCESSIBLE.

FUELED BY AN IDEA BY A FRIEND,
I TOOK UP A PERSONAL PROJECT ONE WEEKEND TO BUILD THIS MANUAL, SO I COULD HELP MY FAMILY & FRIENDS FEEL SAFER DURING TIMES OF DISTRESS.

CONTENT HAS BEEN SOURCED FROM RELIABLE CRISIS MANAGEMENT ORGANISATIONS & CONDENSED INTO THIS EASY TO FOLLOW MANUAL. (SOURCES ON PAGE 16)

- UNNECESSARY ARTICLES? REMOVED.
- COLOURBLIND-FRIENDLY COLOURS USED.
- KEY INFORMATION HAS BEEN GIVEN PRIORITY.
- INTERACTION JOURNEYS HAVE BEEN OPTIMISED.

IF IT HELPS EVEN ONE PERSON FEEL MORE PREPARED & CALM INSTEAD OF HELPLESS IN A SITUATION OF PANIC;

I WOULD CONSIDER THIS MANUAL A SUCCESS.

ARINDAMN